



Self-Assessment of Mathematical Mindset

Facilitator's Guide

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Activity Background

The first step to change is determining the beginning point. With this in mind, this activity will provide participants with a quick quiz to assess their mathematics mindset.

The directions are written for educators who will be completing the activity in a group setting. They assume there will be a facilitator who will be participating in the activity. If you will be facilitating the activity with a group, and not participating, or if you will be completing the activity individually, you should read the directions and adapt them, as needed, for you or your group.

Materials

1. Participants will need a computer with internet connectivity.
2. Participants will need a copy of the *Mathematical Mindset Quiz*
3. Participants will need a pencil or pen.
4. The facilitator will need access to the slides that support this activity.
Math Mindset Quiz Slides

Instructions

Step 1 (Launch):

1. The focus of this activity is on identifying what type of mindset participants may have with regards to mathematics.
2. Begin by completing the Mindset Quiz printed from the link provided. Reflect on your results. Do you think the quiz accurately represents your mathematical mindset? Why or why not?
3. To the extent you feel comfortable, discuss your experience with the Mindset Quiz with the other members of your group. You do not have to share your results.

Step 2 (Explore):

1. Continue the discussion of mathematical mindsets by sharing with your group what you think the characteristics of someone with a positive mathematical mindset are.
2. Read the following definition of mathematical mindset:

A positive Mathematical Mindset includes someone's beliefs about their own ability and about the meaning of struggle and effort with regard to mathematics.

3. Discuss with your group how well this definition aligns to the characteristics the group identified in the previous discussion.

Additional questions for reflection/discussion:

- How do you think your self-assessment of yourself may have limited your openness to grow?
- Can you identify times when a person or situation helped to solidify the mindset you have adopted?
- How does one change his/her mindset?
- What can we, as educators, do to foster a positive mathematics mindset in students?

Step 3 (*Summary*):

1. During the next week, look for examples of teachers and/or students exhibiting a positive mathematical mindset.
2. During the next week, look for examples of your colleagues nurturing a positive mathematics mindset within students. Also be aware of unintended non-examples.
3. Be prepared to share at least one example with your group at your next meeting.